



**Gippsland Sports Academy**  
 P.O Box 282 Newborough  
 Victoria 3825  
 tel : (03) 5127 0223  
 fax : (03)5127 0119  
 email: anitap@sportgippsland.org.au  
 www.sportgippsland.org.au

### Information Sheet - 2024 Clay Target Shooting Program

Gippsland Sports Academy (GSA) will again run its Clay Target Shooting Program in 2024 with Andrew Brady as Head Coach. Andrew will be assisted with Guest coaches for this year. Athletes offered a place in the squad will get the opportunity to attend 4 coaching days in 2024 and participate in Sport Science sessions provided by the GSA.

This year we will continue with three squads at our training days:

- Performance Squad selected returning athletes,
- Pathway Squad for those looking to go further with their sport and
- Development Squad for those athletes starting in our program.

This program is a sub-elite level coaching program. It is intended to prepare athletes for events of a calibre to achieve results capable of national program selection, (eg ACTA Academy). As such there is a reasonable expectation that athletes (with parental assistance) will seek out and compete in events in their discipline at significant club events, interschool competition, all State and National Championships.

Additional attributes we are looking for in clay target athletes:

- Potential shown within clay target shooting since taking up the sport.
- Positive attitude towards learning new skills.
- Willingness to commit to training.

Athletes selected are expected to represent the GSA positively in coaching and competition, and may be required to wear GSA uniform when competing.

Please see below a brief overview of the program:

<b>Induction Day</b>	<p><b>Date:</b> 19<sup>th</sup> May 2024</p> <p><b>Venue:</b> TAFE Gippsland, Yallourn Campus, Newborough</p> <p><b>Time:</b> 9.00am – 12.00pm</p> <p>Induction day is held for all GSA athletes.</p>
----------------------	---



AN INVESTMENT IN  
 EXCELLENCE

**TAFE  
 GIPPSLAND**



Endorsed by  
 the Victorian Institute of Sport

<p><b>Sessions to be held</b></p>	<p><b>(Dates, Times &amp; Venues to be confirmed for 2024)</b></p> <p>Korumburra &amp; Bairnsdale – 6 hr sessions  Frankston &amp; Werribee – 4hr sessions</p> <p>Late June, August, October &amp; Early December</p> <p>ACE Day – 8<sup>th</sup> April 2025: Sport science education sessions - (school holiday program)</p>
<p><b>Strength and Conditioning sessions</b></p>	<p>We are currently reviewing our S &amp; C program. Full details will be advised prior to the first session in June</p> <p>Strength and Conditioning sessions will be:</p> <ul style="list-style-type: none"> <li>➤ Face to face - 1 session per month June 2024 – April 2025</li> <li>➤ Individual Home programs based on Musculo Skeletal screenings are given to each athlete and and logged through TeamBuildr</li> </ul> <p>This is a critical component of the program, attendance is expected.</p>
<p><b>Musculo-Skeletal Screening</b></p>	<p><b>All athletes new and returning</b> must undergo a musculo-skeletal screening. For this year, please arrange this with your current physiotherapist. Screening forms can be arranged through the GSA office</p> <p>Screenings can be claimed through your private health insurance (if applicable). Please note that screenings can only be conducted by a qualified Physiotherapist as directed by Sports Medicine Australia.</p>

<p><b>Cost &amp; Payment</b></p>	<p>Final costs are determined by the final number of athletes that accept their position with the Academy. Costs per athlete for the 2024 program are estimated as follows:</p> <ul style="list-style-type: none"> <li>- Athlete Levies \$240 (ex gst)</li> <li>- Uniform costs approx. \$90 Compulsory item - (Polo &amp; Jacket). There is an option to purchase additional items</li> <li>- Shooting Vests approx. \$250</li> </ul> <p>A \$100 non-refundable deposit must be paid to the GSA prior to 19th May 2024</p> <p>Account Name: Gippsland Regional Sports Academy  BSB: 313-140  Acc No: 12017329  Ref: Athlete Name</p> <p>Fees will be invoiced upon acceptance of your position in the program</p> <p>*NOTE: Final costs are determined by the final number of athletes that accept their position with the Academy.</p>
<p><b>Sport Integrity Australia</b></p>	<ul style="list-style-type: none"> <li>• All athletes will have a presentation on Sport Integrity Australia</li> </ul> <p>All athletes MUST complete the required Sport Integrity level:</p> <ul style="list-style-type: none"> <li>- New athletes to complete Clean Sport 101</li> <li>- 1<sup>st</sup> year Returning athletes to complete antidoping fundamentals</li> <li>- 2<sup>nd</sup> + year Returning athletes to complete annual update</li> </ul> <ul style="list-style-type: none"> <li>• The link is:  <a href="https://elearning.sportintegrity.gov.au/login/index.php">https://elearning.sportintegrity.gov.au/login/index.php</a></li> </ul> <p>Completion of Sport Integrity is a requirement by the Victorian Institute of Sport and Sport and Recreation Victoria and therefore must be completed to be eligible for graduation</p>
<p><b>Uniform Requirements</b></p>	<p>Uniform must be ordered – Polo and Jacket is the minimum requirement ( if you do not already have one). Athletes are to wear their GSA uniform at all sessions. No Club uniforms are to be worn at GSA sessions.</p> <p>Please order and pay through the link below prior to 20th May 2024:  <a href="https://gippslandsportsacademy.sportsclique.com.au/">https://gippslandsportsacademy.sportsclique.com.au/</a></p>

<b>Expectations of Athletes</b>	Athletes are expected to attend all Academy activities, where possible, this involves committing to: <ul style="list-style-type: none"><li>➤ Attend all training sessions except athletes who have an agreement with the Head Coach to attend State or National opportunities.</li><li>➤ Follow the strength and conditioning program, including completing components at home.</li><li>➤ Attend other Academy functions such as:<ul style="list-style-type: none"><li>- ACE day 8th April 2025</li><li>- Awards evening 2nd May 2025</li></ul></li></ul> Be a registered member of Victorian Clay Target Association in 2024.
<b>Friends of the Academy</b>	In order to offset costs the Academy has a program called 'Friends of the Academy'. This is a donation program whereby athletes seek support from local businesses and friends to contribute towards the costs. Further details will be given upon invitation into the program.

To register your interest in the 2024 CTS Program please complete the form at the link below:

<https://tinyurl.com/35znkct2>

or contact:

Andrew Brady 0434 266 239 [management@lvbs.com.au](mailto:management@lvbs.com.au)

or this office on:

Ph: 03 5127 0223

Email: [rebeccw@sportgippsland.org.au](mailto:rebeccw@sportgippsland.org.au)

If you have any further queries, please do not hesitate to contact myself on 0411 435 819.

Yours truly



Anita Pistrin  
Executive Officer  
Gippsland Sports Academy